

BE INSPIRED TO LIVE WELL



Healthy Eating • Physical Activity • Stress Management • Positive Attitude

LIVE WELL

Strategies for a Healthy Body

Wagner College Theater Alumnus
Dr. Kristen Bentson will be inspiring
participants to LIVE WELL through
healthy diet, weight loss, physical
activity and stress management.

Wagner College

Friday, September 26
2:45-4:00 pm

Main Hall
Room 11

For More Information visit
www.LehighValleyChiropractic.com/Events
or contact the Theater Department

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